

Washington Seniors Wellness Center Calendar



COVID Test & KN95 Mask Pick
Up: 1:00PM-3:00PM

Mondays
Wednesdays

Meal Hour
12:00AM-1:00PM M-F

REMINDER:
*Mask Required
*Proof of Vaccination Required



2022

On Zoom:

Meeting ID: 928 7552 9202

Call In #301-715-8592 or 646-558-8656

Password: 083339



* Subject to change


May is



- National Older American Month
- Mother's Day (Sunday May 8, 2022)
- Arthritis Awareness Month
- National Save the Hearing Month
- National Strawberry Month
- Memorial Day (Monday May 30, 2022)

WSWC
3001 Alabana Ave. SE
Washington,DC 20020
292-581-6010



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00am-10:00am YMCA Pilates ID: 878 0547 0312 Passcode: YMCA 10:00am-11:00am Yoga Flow Gigi In Center 10:30am-1:00pm Community, Health, Nutrition sessions w/Shymee In Center 11:30 am-12:30pm Chatting with Katherine (BEEDL) (WSWC member) On Zoom 12:30pm-4:30pm Bid Whist & Spades In Center-Sunroom 1:00pm-2:00pm Enhance Fitness w/Tawana In Center 1:00pm-4:00pm Bingo In Center-Multi-purpose Rm. 5:00pm-6:30pm Fitness w/Rodney Jordan In Center	10:00am-11:00am Community, Health, Nutrition Sessions w/Shymee (See Event Calendar) Hybrid 10:00am-1:45pm Legal Counsel for the Elderly w/Bruce Rathbun In Center 10:30am-11:30am YMCA: Linda Grymes Sit Down, Get Down In Center 11:00am-12:00pm WSWC Members Assembly Meeting Hybrid 11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom 1:30pm-2:30pm Tai Chi w/ Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Password: YMCA Or call 301-715-8592 In Center 1:30pm-2:30pm Spanish Class with Gwen McLaughlin On Zoom 2:00pm-3:00pm WSWC Orientation w/Shymee In Center	10:00am-11:00am Nutrition Consultation w/ Shymee In Center (appt only) 10:00am -11:00am Yoga Flow Gigi In Center 10:00am-11:00pm Community, Health, Nutrition sessions w/Shymee (See Event Calendar) In Center 11:30am-12:30pm Active Living Everyday w/Romunda Ings On Zoom 1:00pm-2:00pm Enhance Fitness w/ Tawana In Center 1:00 pm-2:00 pm Sibley Club Memory ID: 975-5829-0633 Or call 301-715-8592 On Zoom 1:00pm-4:30pm Drawing and Painting Art Class In-Center Hudson Rm (Limit 10) 2:30-3:30pm Visual Arts Class w/Candice Napper (limit 10) Hybrid 5:00 pm-6:30pm Fitness w/Rodney Jordan In Center	9:00am-9:45am Zumba Gold with Michelle In Center 10:00am-11:00pm Community, Health, Nutrition sessions w/Shymee (See Event Calendar) Hybrid 10:00am-1:00pm DC Library Resources w/ Ms.Margarette Snow In Center - Multi-purpose Rm 10:00am-11:15am YMCA: Sit Down, Get Down Chair w/Linda Grymes In Center 11:30am-12:30pm Active Living Everyday w/Romunda Ings On Zoom 1:30pm-2:30pm Tai Chi w/Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Or call 301-715-8592 In Center 1:45pm-2:20pm Health Dialogue w/ DeLois Botts On Zoom 2:30pm-3:30pm Nutrition Education w/Shymee Hybrid 3:00pm-4:00pm Community, Health, Nutrition sessions w/Shymee (See Event Calendar) Hybrid 	Departure time: 9:30am-Return Time: 2:30pm Flower Mart (See Event Calendar) 11:00am-1:00pm Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10) In Center 12:30pm-4:30pm Bid Whist & Spades In Center-Sunroom 1:00pm-2:00pm Enhance Fitness w/Tawana In Center 1:00pm-4:00pm Bingo In Center-Multi-purpose Rm 

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Monday	Tuesday			
<p>30</p> <p>Memorial Day Center Closed</p> 	<p>31</p> <p>10:00am-1:45pm Legal Counsel for the Elderly w/Bruce Rathbun In Center</p> <p>10:00am-11:00am Community, Health, Nutrition sessions w/Shymee (See Event Calendar) Hybrid</p> <p>10:30am-11:30am YMCA: Linda Grymes Sit Down, Get Down In Center</p> <p>11:30am-12:30pm Active Living Everyday w/ Romunda Ings On Zoom</p> <p>1:30pm-2:30pm Tai Chi w/Jerry Simpson YMCA Fit & Well Seniors ID: 843-3351-8802 Password: YMCA Or call 301-715-8592 In Center</p> <p>1:30pm-2:30pm Spanish Class w/Gwen McLaughlin On Zoom</p> <p>2:00pm-3:00pm WSWC Orientation w/Shymee In Center</p>			